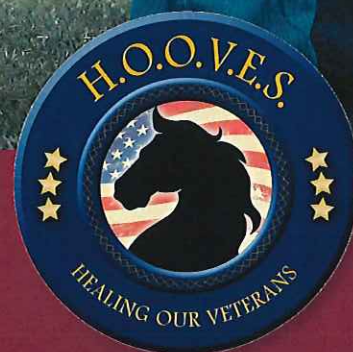


*Enlisting rescue horses
to partner with veterans*

*and assist them in making meaningful and sustainable changes
in their lives, which promotes life-long healing and growth.*



 PROMEDICA



HOOVES is driven by a single goal:
*to rescue horses and enlist them
to help service men and women heal,
regain control and return
to the life they fought to protect.*

Healing Our Veterans One Horse at a Time

Many of the brave men and women who serve our country are challenged with post-traumatic stress disorder (PTSD) and other mental health issues. They may experience feelings of hopelessness, depression or anxiety, relationship problems, substance abuse and even suicidal thoughts. No two cases are alike, and "getting better" means different things for different people. There are various treatment options available, however one unique program is proving to have incredible results.

HOOVES (Healing of Our Veterans Equine Services)

This hands-on, real time learning takes place through individual sessions, group workshops and three-day retreats. Veterans are partnered

with horses in customized exercises designed to accomplish specific tasks, helping them gain confidence, learn to adapt and improvise. This allows them to break down emotional barriers, build connections, ignite self-awareness and develop new coping skills.

Horses Have a *Healing Power*

*As a person interacts with them,
the horse reads their body language
and acts as a mirror, projecting their
feelings back to them. This unique
approach allows people to come
to their own realizations, which means
the result is immediate and sustainable.*



Proven Effectiveness

To date, HOOVES has touched the lives of more than **300** veterans and family members combined.

Beginning in 2017, initial metrics from retreat participants demonstrate an average of **88%** improvement in conditions such as:

- Night terrors
- Isolation
- Emotional numbing
- Anger and rage

In addition, participants reported a **70%** decrease in substance abuse.

Together, We Can Save Lives

- In one day, an average of **20** veterans die.
- Female veterans are **2.4** times more at risk of suicide than their civilian counterparts.
- **1 in 25** veterans from Iraq and Afghanistan suffer from substance abuse disorder.

By supporting HOOVES
you are helping:

Heal More Veterans and Their Families

- Increase retreat and workshop availability
- Assist individuals not responding to traditional care solutions
- Increase follow up support activities and engagement opportunities

Give Purpose to Rescue or Unwanted Horses

- All horses utilized in HOOVES programs have been rescued in some fashion
- Every horse brings a distinct value to the program with their unique personality
- Individual horses assist in developing a bond with participants to promote real time learning

Forge an Innovative, Low Risk and Effective Care Solution

- Add to the evidence-base and validation of equine assisted learning
- Help expand care intervention to address trauma, stress, and mental and emotional health



"I used to think about suicide daily. I realized the other day that it's been over nine months since I've had one suicidal thought; since the first day of the HOOVES retreat."

– Nick M., Sergeant, U.S. Army Infantry deployed to Iraq and Afghanistan

"The feeling of accomplishment I got is indescribable. I hadn't had a full night's sleep without at least one nightmare in three years, until I started this program."

– Dave F., Sergeant, U.S. Army Infantry deployed to Iraq and Afghanistan

"I entered the HOOVES program homeless with nothing but a backpack full of my belongings. I now have a home and a job I have sustained for two years. HOOVES not only saved my life but helped me live better than I ever imagined possible."

– Dan S., U.S. Marines deployed to Iraq and Afghanistan



A program created for Veterans by a Veteran

HOOVES Founder Amanda Held, US Air Force Technical Sergeant, overcame her own struggles with PTSD, depression and anxiety by working with wild horses while stationed in Colorado Springs. She expanded her knowledge and earned certifications as an Equine Specialist through EAGALA (Equine Assisted Growth and Learning Association) the leading equine assisted psychotherapy program in the world, and Stress and Trauma Coaching through The Overview Method.

An Innovative Partnership: ProMedica and HOOVES

The proven power of human animal bond programs brings an expanded opportunity for ProMedica to fulfill its Mission as well connect services to a vulnerable population. ProMedica is uniquely positioned to research, study and lead this ground-breaking methodology through the newly launched Neurosciences Center, a collaboration with the University of Toledo College of Medicine and Life Sciences.

Frequently Asked Questions

Is equine-assisted learning evidence-based?

Yes. Equine assisted learning has a growing evidence-base that demonstrates positive effectiveness.

Are the facilitators mental health professionals?

No. Program facilitators are trained and certified in a combination of recognized and proven coaching methods, including The Overview Method and Equine Assisted Growth and Learning Association. Additionally, up to two mental health professionals are on call to provide extra support if needed.

Is the program or intervention short-term or long-term?

Both. The HOOVES program begins with the three-day retreat. Participants can then opt-in to weekly ZOOM calls for check-ins and support as well as join the organization's Facebook group. Through these avenues, participants can continue to stay in contact with fellow retreat participants and give back to their surrounding communities by completing monthly service projects. Lastly, any graduate of a three-day retreat is able to attend one-day workshops to support and reinforce their learnings.

How will my donation be used?

100% of all contributions will go directly to HOOVES and allow veterans and their families to continue to participate in the program free of charge.

JOIN US IN LEADING THE WAY

Make a donation: giving.promedica.org/HOOVES

FOR MORE INFORMATION

Please contact Brittany Telander:
brittany.telander@promedica.org or 419-291-2998.

